

Why should my child participate in Gymnastics?

Gymnastics teaches fitness

A healthy lifestyle can most definitely start young! Getting your child moving is not only good for them now; it also encourages healthy and active choices for life.

Friendship is encouraged!

Gymnastics class is a social environment. Your child will learn to communicate with others, and maybe make some new friends along the way.

Gymnastics teaches fundamental movement patterns

Participation in gymnastics teaches and enhances the fundamental movement patterns that are learned early in life. These are essential for continued growth and healthy development.

Gymnastics increases your child's co-ordination, awareness, & body control

Little ones learn to be aware of their own bodies and how they function. This control allows for safer landings, and develops strength and co-ordination that are very practical in everyday life.

Your child will build confidence and self-esteem

Learning new skills, increasing strength, and overcoming challenges all build confidence and self-esteem in children. Your child will see and feel the progress they make!

Gymnastics teaches listening skills

Children are taught the importance of listening to both coaches and their peers.

Gymnastics isn't just for the body!

Learning new skills helps develop much more than physical ability. Studies have shown that gymnastics can increase cognitive abilities and academic performance.

Gymnastics helps children to set and achieve goals

In the gym, children will learn how to face a challenge! Non-competitive gymnastics teaches children how to set personal goals based on their own skill level. Through gymnastics, your child will learn to strive for new accomplishments.

Gymnasts learn skills for other sports

The landings, strength, flexibility, body control, and overall fitness taught in gymnastics can benefit kids in all of their sporting endeavours.

Gymnastics is so much fun!

Last but not least, gymnastics is enjoyable. Let your child come and climb, spring, tumble, run, hang, roll, and so much more. They'll love it!

Getting Involved in Gymnastics is Easy!

Can-Am offers many ways for the whole family to become involved in gymnastics. We have classes for all ages and all levels of experience. In addition to our classes, we have day camps throughout the year as well as other special events in the gym. Our goal at Can-Am is to get your family active!

